



**Catholic Archdiocese of
Canberra & Goulburn**

Information Letter for Parents & Carers

My Body, My Life

**Puberty & Personal Development Program
Year 5 and 6, St Joseph's Primary School, Adelong**

Dear parents and carers,

On Tuesday 28th October 2025 the Archdiocesan Healthy Relationships Team will be working with the Year 5 and 6 students from St Joseph's Primary School to run the *My Body, My Life* puberty and personal development program.

As a Catholic school, St Joseph's Primary School is keen to ensure that parents and carers are fully engaged in this very important aspect of their child's development. Research also shows that despite any awkwardness you and your child might feel, children prefer to hear this information first from their own parents or carers.

To that end we have created 60 minutes of online video content and a few activities for you to access at home with your child. You can watch all 6 short videos in one sitting or over a few nights, whichever works best for your family.

Please take the time between now and **Tuesday 28th October** to watch the online units by clicking on this link:

<https://cgcatholic.org.au/my-body-my-life/st-josephs-adelong/>

The link will stop working after we have visited your school.

The topics covered in the videos include:

- Changes during puberty: physical, emotional, social
- Personal hygiene: skin, hair, cleanliness
- Reproductive systems: growth, development, changes and experiences
- Human conception
- Mood changes, mental health and wellbeing
- Respecting yourself and others
- Talking to trusted adults

No new information will be introduced in the classroom program and you will notice in the videos that we do not cover the mechanics of sexual intercourse. We feel it is best for parents/carers to decide when to discuss this topic with their child.

In the classroom follow up, we will recap the information from the videos, then move on to a few activities on self-image, respect for others, healthy friendships & dealing with peer pressure.

Please note the Archdiocese has also created a 'For the Parents' page with videos and resources on how to talk to your child about online dangers (content and interactions). **This page is permanently available** at:
<https://cgcatholic.org.au/my-body-my-life/parent-resources/>.

Please provide feedback about our program at the same link where you watch the videos "Parent Feedback *My Body My Life* 2025".

If you have any questions or concerns please feel free to contact our program manager at Cathy.Madsen@cg.org.au.

Archdiocesan Healthy Relationships Team
<https://cgcatholic.org.au/healthy-relationships/>